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USDA BULLETIN BOARD

Broadcast by Ruth Van Deman, Bureau of Human Nutrition & Home Economics, in the Department of Agriculture's portion of the National Farm and Home Hour, Thursday, October 28, 1943, over stations associated with the Blue Network.

--ooOoo--

I have a message from Dr. Henry C. Sherman, Chief of the Bureau of Human Nutrition and Home Economics. This message is about milk in our daily food, And it ties in with what Roy Hendrickson said the other day about our present demand for milk being greater than the supply in some places. Now quoting Dr. Sherman:

"Before you decide there's a milk shortage in your community, be sure you have asked for milk in all its forms. Many of us picture milk only in its most familiar form -- that is bottled with a cream line at the top or homogenized and packaged in a paper carton. But nutritionally speaking, milk may be whole fluid milk or skim milk, evaporated, dried, or buttermilk.

"Maybe the family may not enjoy drinking all these forms of milk but they are all equally good for cooking. And the milk used in cooking counts just the same as the milk drunk from a glass.

"Also next in kin to milk are the milk foods: cheese of all kinds, ice cream, and cream. The chances are that if milk is short, milk foods will be short. But by piecing together -- some fluid milk to drink, evaporated or dried milk to cook with, a bit of cheese or a dish of ice cream now and then -- you may be able to keep on the 'milk standard'.

"But if you still can't get enough, remember that some members of the family must have priorities. Expectant and nursing mothers, children, and invalids have first claim. The normal healthy adult needs a pint of milk a day for good nutrition. That includes milk on cereal or puddings or in beverages and cooked foods. But, if necessary, as a temporary measure, we adults can do with less than a pint, especially if we can eat more green vegetables and eggs."

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